



[www.vitalsignsinterpreting.com](http://www.vitalsignsinterpreting.com)

## HELLO 2023!

It's 2023, and we're starting the year with a new newsletter!

Here you'll get a quick look and easy access to important information, including the benefits of working at Vital Signs.

It's our New Year's goal to keep you informed!

## CSI BENEFITS Staff and Freelance

CSI Benefits go beyond traditional healthcare and equip Vital Signs staff and freelancers with tools and services that will help guide a smoother, more cost-effective healthcare experience.

Keep reading below for a quick guide or [click here](#).

To request additional information or submit questions, contact HR at [HR@vitalsignsllc.net](mailto:HR@vitalsignsllc.net)

## OPEN ENROLLMENT Starts February 2023

Open Enrollment is when you can enroll, change, or stop your health insurance coverage. Any changes that are made to your plan will be effective March 1st, 2023.

During the Open Enrollment meeting, we will review plans, costs, new additional lines of coverage, and additional benefits that are available to our employees. The meetings will be held virtually and presented by Capital Services, LLC, and our very own Casaundra Anthony.

Time and dates will be announced via email. Employees will have the opportunity to ask questions at that time.

## BE STRESS FREE IN 2023

### Win a Spa Gift Card

We want to hear from you! [Send us](#) your favorite way to wind down, and you'll be entered to win a spa gift card!



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## CSI BENEFITS Staff and Freelance

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If you're looking for **24/7 access to healthcare providers** check out [Teladoc](#), and [NurseLine](#).

To **save money and monitor your savings** learn more about [Health Advocate](#), [Medical Bill Saver](#), [Retail & Mail Order Pharmacy](#), [Diabetic Supplies](#), [Lab Testing](#), and [MRI and CT Scans](#).

Lastly, if you're **looking for new healthcare options** check out [Alternative Medicine](#).

## UNLIMITED PTO Starting January 1, 2023

**Q: Who's eligible for unlimited PTO?**

**A:** All full-time salaried employees with one calendar year of continuous service are considered eligible under this policy. New hires will receive 80 (eighty) hours of paid leave after 90 days of employment until their first anniversary with the company (calendar year). At that time, the employee will fall under the new unlimited paid time off policy.

For more info please review the policy.

## BE STRESS FREE IN 2023

### Healthy Hands

Your hands are vital instruments and should be given self-care just as the rest of your body! Sign up for [free hand yoga](#) and check out [Jamber's](#) products for healthier hands.

### Practical Ways to Reduce Stress

As we ring in the new year, make it a goal to schedule a time to de-stress each day with an activity that recharges you mentally, emotionally, and physically. One way to reduce your stress is by intentionally using your time. Set clear goals coupled with small tasks to help you accomplish your goals throughout the year.